

Summer Punch and Pep come from a food that is rich in muscle-making material and is easily digested. It is what you digest, not what you eat, that makes healthy tissue. **Shredded Wheat Biscuit** is full of body-building nutriment. The burden of years of food folly can be unloaded by going on a Shredded Wheat diet and sticking to it. Get back to Nature before it is too late. Shredded Wheat contains all the body-building material in the whole wheat grain. A cooling, satisfying Summer food. Eat it for breakfast with milk or cream; serve it for luncheon with berries. Made at Niagara Falls, N.Y.

need deep consideration of the plan and said the officials would seek to reach an agreement as soon as possible.

Messages on the situation continue to arrive at the White House. Many uphold the president's position and many others urge him to support the railroad in their demand for arbitration. Petitions signed by 40,000 non-union employees of the Pennsylvania railroad opposing a strike were taken to the White House today, making a total of \$5,000 signatures attached to such petitions.

A. B. Garrison, spokesman for the brotherhoods, tonight declined to make any comment upon railroad managers' statement. Any reply to it, he said, would be in the form of an official statement tomorrow.

Statement of Mr. Lee.

Mr. Lee's statement follows: "That the railroad should grant, under threat of a national strike, a \$50,000,000 wage preference to small majority of their employees, without a hearing before a public tribunal, is inconceivable in a democracy like ours. All questions at issue—wages, hours, costs, operating conditions—these are submerged by the greater issue, shall arbitration be abandoned. If we are to throw arbitration into the scrap heap what hope can there be in America and peace in the future? A nation-wide strike on the railroad is unthinkable when the railroad is using that all matters in dispute be placed before any tribunal constituted by public authority."

"Arbitration is urged by congress as a final method for settling difficulties as to hours and wages on the railroad. The Newlands law of 1914 was enacted by unanimous request of the four railroad brotherhoods and the representatives of the railroads, and yet the leaders who urged this law now take the position that a question of hours is beyond arbitration. That wages, not hours, are involved in the demands. No proposals have

been made to establish an eight-hour working day.

The demand is for an eight-hour day pay basis and this is the interpretation given by the president in the proposal now before the railroads.

A Simple Illustration. "A simple illustration will suffice to show how the eight-hour basis of pay would work out. Take, for example, a freight employe paid 3 cents a mile, with a day's guarantee of \$5 for 100 miles or ten hours or less. On a freight run of, say, only sixty miles in ten hours, he earns \$3 for his time. It is now proposed that for this work he be paid \$5 for the first eight hours and \$1.25 for the other two hours, a total of \$6.25, increasing his pay 25 per cent. If, by reason of traffic delays, he is held idle on a sidetrack so that he does not complete his work under twenty hours he is paid \$6 for his time, no matter how little work he performs. The demand is to pay him \$7.50 for this twelve hours' service. Meanwhile the employe would continue to have the same opportunities as now to make still larger pay on the mileage basis. For example, the man a 5-cent-a-mile rate, making, say, 150 miles in only seven hours, earns \$7.50 for his day's work. If, after this, he is called for a short period of emergency work, say only two hours, he gets another full day's guarantee of \$5, making \$12.50, in this example, for only nine hours service."

"Many other schedule provisions increase the wage of these well paid men without increase in the hours of service. It is because of these opportunities to make pay under mileage or arbitrary rules that the yearly earnings are so far beyond those of other workers charged with no less responsible duties. The proposals now before the railroads are:

"1. To accept the eight hour day as a basis for wages, even where the actual work to be done cannot be counted in eight hours, to quote the president's words.

"2. To increase the hourly rate of pay 25 per cent.

"The result of the acceptance of this proposal would be:

"1. Absolutely no change in the length of the work day.

"2. An increase in wages of more than \$50,000,000 a year to about four-fifths of the train employe, or less than one-seventh of all railroad employes. In other words, an unfair wage preference would be granted without investigation and under threat of a national strike to one man in seven in the railroad service.

"The weight of the public opinion must determine this issue. We cannot believe that it is the calm judgment of the country that we should sacrifice the principle of arbitration in industrial disputes, under a threat to tie up the commerce of the country."

REITERATES HIS DEMAND THAT PLAN BE ACCEPTED

Washington, Aug. 21.—President Wilson today reiterated to the railroad executives, including the new arrivals from the west, his demand that they accept his plan for the settlement of the threatened railroad strike. The executives then began the first of a series of meetings in which they will frame their reply.

The president reinforced his previous argument by pointing out that the railroad play an important part in the military preparedness of the country and that they are a vital part of the industrial framework of the nation. It was absolutely necessary to keep them running at the present time.

Mr. Wilson told the railroad executives he did not blame them for fighting for the principle of arbitration but that he believed under the present circumstances they should accept the eight-hour day and leave the working out of the principle of arbitration until later.

The railroad executives did not enter into an argument with the president but afterward said they were deeply impressed and would give full weight to his argument at their conference.

The president declared he agreed with them in believing in arbitration of industrial disputes, but that in view of the railroad employees' refusal to accept arbitration, it was impracticable to insist on the issue. He urged the railroad executives and their managers in their meetings to consider the disaster which would follow a strike.

With all the world depending in a measure upon the products of the United States, he said it would cause a catastrophe for the railway system of this country to be tied up. He said that in working for preparedness in the United States, the work of the railroads had played an important part in his considerations and that all of the plans of the government for preparedness would be thrown away by a strike. On that ground he appealed to the prepared patriotism of the employes.

As the executives left the White House, Mr. Holden, their spokesman, said there was no change in the situation but that the executives would be in a position to make an effort to reach a decision.

"We are now ready to get down to brass tacks," said one of the railroad presidents. "Up to the present time our discussions have been informal entirely. But from now on we will make determined efforts to reach a decision."

Petitions from 40,000 non-union employees of the Pennsylvania railroad protesting against any action which would lead to a tie-up, were presented to President Wilson by John Carson, Jr. Mr. Carson said they were the first installment of petitions from the class of employees on the Pennsylvania railroad who feel that they are simply asking for protection of rights as American citizens.

President Wilson's talk to the railroad executives today was more interesting than any he has delivered previously, and had preference particularly to the domestic effect of a strike upon the country at this time, when every ounce of American energy and initiative would have to be mobilized to meet the extraordinary situation that will follow the European war.

The president said the way had been laid out for the country that it could no longer remain isolated and provincial, that by reason of the country's position in the affairs of the world, we must be ready to play our part as one of the dominant influences in the world's affairs, and that the various business and economic interests of the country in order to meet the exigencies of the new world conditions, must be brought together into a harmonious whole.

"Our great national commerce could not be made available or mobilized in this emergency as a national part of defense," he continued, "unless the railroads are made serviceable instruments for backing up any plan for national requirements."

"I will not allow passion to cloud my thought in this solemn matter. We are both acting as trustees of great interests. I will willingly allow this matter to go to the great

great American jury and let them assess the responsibility. The responsibility will not rest with me.

"I wish you to consider the consequences as affecting the people in the cities and countryside of a failure to agree. The country cannot live if the means of keeping alive its vitality are interfered with. The lives and fortunes of 100,000,000 men, women, and little ones—many of them whom you may depend upon what may be done in this hour. I appeal to you as an American to another to avert this disaster."

BOARD OF INVESTIGATION IS SUGGESTED BY RAILWAY HEADS

Washington, Aug. 21.—President Wilson called the railroad presidents to the White House again this afternoon for another conference to begin at 2:30 o'clock.

The railway heads spent several hours today trying to decide some form of settlement of the threatened strike which would still preserve the principle of arbitration and be one which President Wilson could prevail upon the men to accept.

One of the suggestions the railroad presidents were prepared to make at the White House was for legislation to create a board to investigate any trouble threatening between railroad employes and employers. The board would be created by act of congress. Pending its investigation the employes would not be permitted to strike or to take a strike vote. After the board had reached its conclusions from the facts, a public report would be made and there would be opportunity for arbitration, but it would not be compulsory. If arbitration were refused the men would vote directly on the question of a strike.

It was understood that the railroad executives were not yet ready to present their final proposal to the president on his plan. The conference this afternoon was arranged to allow the officials who arrived here today to get the president's viewpoint first hand.

As the railroad presidents entered the White House, Hale Holden, their spokesman, said the executives already here had sought to maintain open minds on the entire question, but that after President Wilson had explained his plan thoroughly to the new arrivals, considerations of all questions involved would be begun with the object of reaching a final decision.

OREGON'S GOVERNOR STRONG FOR ARBITRATING DIFFERENCE

Portland, Ore., Aug. 21.—Gov. James Whitcomb, of Oregon, sent the following telegram to President Wilson today:

"While the railroads are the property of stockholders, transportation is the property of the public. Land grants and franchises were given with that implied understanding. The American people are committed to, and believe in, the principle of arbitration and the public welfare demands that this principle be preserved. Where differences between the railroad employes and the managers of the railroads are concerned, transportation service to the public cannot be mutually adjusted, the public will and does insist on both sides submitting to arbitration."

FEDERATION IS IN FAVOR OF A MINIMUM WAGE

Federation of Catholic Societies Discusses the Question; State Has a Right to Act, Thinks Father Ryan

New York, Aug. 21.—Establishment of a minimum wage for all workers was discussed here tonight at a special meeting of the American Federation of Catholic Societies. Prof. James Hargerty, of Ohio State university, presided, and the speakers were Bishop M. J. Muldoon of Rockford, Ill., and Bishop N. O'Hara, chairman of the Oregon state commission on the minimum wage, and the Rev. J. A. Ryan, of the Catholic University, Washington, D. C.

Bishop Muldoon asserted that the product of a good service was considered as important that the federation had decided to hold a separate meeting in future conventions. Prof. Hargerty declared that not more than 15 per cent of the country's wage earners were unskilled workers. These, he said, are skilled workers.

Fall to Organize.

"Unskilled laborers fall to organize," he said, "partly from lack of facilities with American customs and partly from handicaps placed in the way by organized capital."

Prof. Hargerty asserted that investigations showed that a family of five requires from \$200 to \$2500 yearly to live. "Three-fourths of the unskilled workers of the country earn less than \$100," he said. "It has been determined that a woman cannot live on less than \$24 a week, but three-fourths of the women wage-earners of the country get less."

Further Ryan said, "Economically the state has as much right to fix the minimum wage as has the labor union. The state has as much right to fix the minimum wage as has the labor union. The state has as much right to fix the minimum wage as has the labor union."

RESIDENCE MADE INTO A FOUNDLING ASYLUM

Washington, Aug. 21.—One of the prominent residents built at Mexico City by General Huerta with public funds has been converted by General Carranza into a foundling asylum, the de facto government ordered the Mexican congress today.

The telegram the de facto government is taking to rehabilitate the republic's educational system, saving strict enforcement of the compulsory education law has been ordered and all students called into the army before completing their professional studies have been withdrawn so that they might receive college.

The embassy announced formally the appointment of Jose Vazquez-Castan as Mexican minister to Guatemala.

Indigestion and Constipation.

"I recently discovered in Chamberlain's Tablets the first medicine to give me the needed relief. Prior to their use I suffered frequently from indigestion and constipation," writes Mrs. Anna Kadu, Spencerport, N. Y. Obtainable everywhere.

FLAG NOT HAILED DOWN IN N. Y., HUGHES ASSERTS

G. O. P. Nominée Addresses Monster Meetings in Los Angeles; a New Sentiment Abroad in Land, He States.

Los Angeles, Aug. 21.—Charles E. Hughes told an audience in the Shriners' auditorium here tonight that he had not hauled down the flag, he put up in New York.

"We have had periods when the public interest in this country was lowered, when it was derided and not safeguarded by law," he said. "I am glad those periods are past. I believe they have passed. I believe there is a new sentiment abroad in this land which recognizes the interests of communities and that there is a sentiment which demands protection of the interests of communities against all spoliation, against conspiracies and against combinations of every sort. I am against every abuse of community interests for the sake of private advantage. I did something in New York along that line, and I have a chance to do it here, and I intend to."

"I also believe that regulation and supervision by the government is a mockery unless it is just and square with the fact. I put that flag up in New York also, and I never hauled it down—and I never propose to."

We Must Not Scoff.

"We must not scoff at that which makes production possible and expands trade. We must cut where there is abuse, and cut in order that we may prepare the way for healthy action."

"While we cannot give by surgery alone, we can live if we have surgery which is skillful surgery where necessary and that is to build up and make the patient healthy to set him on his feet, to clear the path for his success."

Mr. Hughes spoke before his second audience of the night at the Shriners' auditorium. The first was an overflow crowd that stretched from curb to curb of the wide street outside for nearly a block. In his brief address to the overflow crowd the nominee reiterated his views on the tariff, preparedness, dominant Americanism and industrial co-operation.

Inside the auditorium, the nominee faced an audience of about one-half as many. Half of the 300 members of the campaign committee, it was officially announced, were progressives; the others republicans.

In closing, the nominee said he believed in the support of the American republicans and all progressives. In his campaign, Mr. Hughes left here at 10:15 for Sacramento, where he will speak tomorrow night.

HUGHES SPEAKS ON GROUNDS OF SAN DIEGO EXPOSITION

San Diego, Calif., Aug. 21.—Charles E. Hughes, addressing an audience on the exposition grounds here today, outlined his views on the protective tariff, dominant Americanism, national unity and preparedness.

Mr. Hughes told the removal of the tariff on sugar by the Underwood act was an illustration of a policy to which he was opposed.

"Why should there have been an attempt to cripple and destroy the sugar industry in this country?" he said. "Was there any reason for it? Was it called for by the country? No."

"Our friends discovered their mistake after a while, but we have foreseen and not simply hindsight."

"America must be sound and honest in its public life, but it must be businesslike; it must be direct, it must be patriotic with America first and American efficiency."

"My friends of California, do not misunderstand me. There is no question as to my private right on any public privilege for any corporate interests or commercial interests at the expense of the public interest of the United States if I can prevent."

Mr. Hughes spoke of the need of industrial co-operation.

"The man who looks upon his laborers simply as mere economic units has not caught the vision of the twentieth century," he said.

"What we need in this country is not demagoguery, nor standstillism, but the sense of a deep desire to benefit our fellow man by working together to that end, according to the spirit of our institutions."

"We do not wish to wait," Mr. Hughes continued, "until an important industry is crippled and in danger of destruction."

The good people of Louisiana protested in vain. They went to their own administration in vain. They presented facts only to be disregarded.

"Now, I protest against any action aimed at the crippling of an American enterprise. Why should American industry go out of business? In order that we may lay goods abroad? That is not sound American policy."

The nominee declared he favored the protection of the generations of the future.

"I believe in preventing children from being drawn too early into the hardships of industrial life," he said.

Mr. Hughes again asserted the justification for the Mexican policy and declared for the protection of American rights abroad.

"I believe this nation should have strength that proper preparedness requires," he said. "In order that we may not stand in danger of being mistreated as to our ability to maintain our just rights."

CATRON RETAINS PRECARIOUS GRIP ON HOME COUNTY

United States Senator Chosen for Chairman by Slender Majority of 9 Votes; Delegates Are Hand Picked.

San Francisco, Aug. 21.—United States Senator Thomas H. Catron and the county officers combine maintained a precarious grip upon the county convention today and after winning the first tie over the chairmanship, did not permit the convention to adjourn until it had accomplished its task.

The nomination of county officers, as well as delegates to the state and district conventions. The anti-Catron forces nominated Supreme Court Clerk Jose D. Sena for chairman, while the other side nominated United States Senator Catron. The vote was 11 to 4 in favor of Catron and while the vote carried slightly subsequently, that was about the ratio on every ballot.

For the state senate, J. E. Pankey was named unanimously and John Shoenaker and Albert Clark were named unanimously for the house. Other unanimous nominations were for probate judge Victor Ortega, County Assessor, Fred Lopez, for treasurer and collector, county engineer J. P. Adams, county commissioner, Second district, Jose Ortiz y Pino, commissioner Third district, Benito Leguiz, for county clerk, Marcellino A. Ortiz and Edward J. Safford were nominated, Ortiz being chosen for sheriff.

Charles Closson and Felipe Lopez were voted on, Closson being renominated, for assessor. Catron Alarid, the present probate judge, was nominated against Teodoro Rivera, the present incumbent, and Alarid was chosen, for superintendent of schools, John V. Conway was renominated over Alfred Llobera, for county commissioner of the First district, George Knudsen was renominated over John Hargerty.

The delegates to the state convention were not instructed but were handpicked by United States Senator Catron and are expected to see his bidding from the first to the last.

A motion of Jose D. Sena that a separate delegation be named for the district conventions and that E. P. Davies be endorsed for district attorney, was voted down.

The following is the delegation to the state convention: Thomas H. Catron, Marcellino A. Ortiz, J. E. Pankey, Ricardo Alarid, Jose Ortiz y Pino, A. B. Reichen, Fred Lopez, Charles Closson, Equipulido Jiron, Jose Granito, S. H. Cole, A. G. Whittier, George Craig, Eusebio Romero, Camaleiro, Toranzo, David Knapp, Marcellino Chavez and Carl Bishop.

SANJOVAL INSTRUCTS FOR HUBBELL AND BURSUM

Bernalillo, N. M., Aug. 21.—The San Joaquin county convention, which met here today, was a harmonious gathering in every respect, the factional differences formerly existing in the party having been smoothed out before the delegates gathered. The following delegates were named to represent the county in the state convention at Santa Fe on Wednesday: A. Edwards, Felso Sanjoval, Cornelio Sanjoval, Candido Gonzalez, Mariano Montoya, Alfredo Montoya, Nicolas de la O, Eusebio Lacerda.

The delegates were instructed in vote as a unit for Frank A. Hubbell for the nomination for United States senator and H. O. Bursum for the nomination for governor. Resolutions were adopted congratulating the party upon the platform adopted at the state convention and upon the nomination of Charles E. Hughes for president. Colonel Roosevelt was also congratulated upon his action in coming out for Hughes, and the Sanjoval county progressives were commended to do so likewise.

CATRON, ROMERO, LARIZABOLO HAVE SAN MIGUEL DELEGATION

San Miguel, N. M., Aug. 21.—The San Miguel county convention met in Las Vegas today and selected delegates to the state convention to be held this week at Santa Fe.

The usual resolutions endorsing the national candidates and greeting victory for the party in the national election were passed, and the delegates were instructed to vote as a unit for the nomination of Thomas H. Catron for United States senator, Secundino Romero for governor and O. A. Larizabolo for justice of the supreme court.

DELEGATES FROM COLEMAN COUNTY ARE INSTRUCTED

Big Horn, N. M., Aug. 21.—The republican county convention at Coleman County was held here today and fourteen delegates to the state convention at Santa Fe were named.

The delegation was not instructed, but reliable reports are to the effect that on the two-thirds vote of the delegates there will be ten votes for Bursum and four for Sargent, and that the solid vote of the delegation will be cast for Judge Robert P. Reynolds, Albuquerque, for United States senator.

ROMERO WILL RECEIVE VOTES OF MORIA COUNTY

Mora, N. M., Aug. 21.—The delegates to the state republican convention who were named at the county convention held here today were instructed to cast their vote as a unit for the nomination of Secundino Romero for governor and O. A. Larizabolo for justice of the supreme court.

On the senatorship the delegates were not instructed, but it is believed that Frank A. Hubbell will receive the vote of the entire delegation.

FIFTY-FIFTY SPLIT IN MCINLEY COUNTY DELEGATION

Gallegos, N. M., Aug. 21.—The county convention of the republicans, which was held here today, developed nothing in the way of a sensation. The latter fight which was promised some time ago failed to materialize, a compromise having been reached between the opposing factions.

The delegates to the state convention will be instructed as it is known that half of the number will be Hubbell and Bursum and the other half for Catron and Romero.

New Representative.

Denver, Aug. 21.—A representative of the interests of markets and credits in collect and distribute information of perishable crops will be located in Denver, according to information received by the Civic association today.

Business Men's Bank

This bank affords every facility for the transaction of any banking business. It invites deposits subject to check and extends as liberal accommodations as sound banking will permit. Those having surplus funds lying idle are invited to avail themselves of our Time Certificates of Deposit which yield FOUR PER CENT INTEREST.

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When Our Body Becomes Tired and Weakened

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and the system completely out of gear, it's a sure sign the blood is full of poisons and subject to complicated maladies unless the poisons are removed.

S. S. S. will cleanse the blood and give new life and vitality to the blood by its vegetable purity.

Get S. S. S. at any drugist. Insist on the Genuine.

50 YEARS SUCCESSFUL

'WE WILL GET YOU, CRANK WRITES IN A LETTER TO HUGHES'

Long Beach Police Make Public Communication in Which the Life of the G. O. P. Candidate Is Threatened.

Long Beach, Cal., Aug. 21.—Charles W. Farham, manager of the tour of Charles E. Hughes, republican candidate for president, returned here last night. It was learned today, to call on Governor Hiram W. Johnson and assured him he was "dismayed" when he learned Governor Johnson and Mr. Hughes were at the same hotel here yesterday for several hours, each without the knowledge of the other.

Mr. Farham spent nearly two hours with Governor Johnson. The nature of the conversation was not made known, but Mr. Farham conveyed to the governor the desire of Mr. Hughes to meet him some time, it was said.

The Long Beach police made public today a letter said to have been received by the secretary of Charles E. Hughes yesterday in which the life of the republican candidate for the presidency is threatened. According to the postmark, the letter was mailed in Los Angeles late Saturday night.

"We warned you before you left the supreme bench that you never would sit in the presidential chair. We will do it in the presidential chair."

Washington, Aug. 21.—Warnings of a northern storm were ordered up from Duluth to Houghton today by the weather bureau. A storm center over northwestern Iowa is moving northeast.

You must make appropriate daily if you do not read Journal want ads.

"Food Is Its Own Best Digestant"

"All ten frequently we prescribe medicine for patients who suffer from indigestion, when, as a matter of fact, what they actually need is a simple course of dietetic training and the proper food-stuffs to eat."

"This is the reason for the popularity of GRAPE-NUTS as an article of diet, viz., that it furnishes this very course of training for the digestion. It not only furnishes the natural diet for the prevention of indigestion, but it induces a return to normal digestive function because the firm, crisp kernels compel thorough mastication."

"One ought not to leave out of consideration the possible elements the delicious treat to the palate afforded by a dish of GRAPE-NUTS and cream."

From April, 1916, American Journal of Clinical Medicine

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"Talk about light, fluffy, tempting and wholesome Jelly Rolls, Cakes, Biscuits and other good things! My! but

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